Mountain Weather Forecast

Northwest Highlands

Including Sutherland, Ben Wyvis, Wester Ross, The Cuillin, Glen Affric, Glen Shiel and Knoydart
Forecast valid from 06:00 on Thursday 22 Jun 2023 until 23:59 on Friday 23 Jun 2023

Forecast Issued on Thursday 22 Jun 2023 at 02:10 by Met Office Aberdeen

Confidence: High for drier settled conditions into Friday morning becoming unsettled from Friday afternoon. Low confidence in the shower detail from Saturday.

Headline for Thursday 22 Jun 2023: A fine dry and sunny day.

Mountain weather hazards on Thursday 22 Jun 2023

Blizzards No Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales No Likelihood	**Severe chill effect** No Likelihood	**Poor visibility** No Likelihood
Thunderstorms No Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** High Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Sunny intervals	Sunny	Sunny	Sunny intervals	Sunny intervals	Sunny
Precipitation probability					
00%	00%	00%	00%	00%	00%

Forecast for Thursday 22 Jun 2023

Weather: A dry day with long sunny periods, some patchy cloud at times.

Chance of cloud-free hill tops above 800m: 95%

Low cloud and visibility: The visibility will be good with a patchy cloud base above summits.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Forecast for Thursday 22 Jun 2023

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	17/20 SW	15/20 W	12/18 W	9/14 W	7/10 SW	6/7 S	16/21 SE
900	15/18 SW	15/21 W	13/18 W	9/14 W	7/10 SW	5/6 S	16/20 SE
600	11/14 SW	13/19 W	11/16 W	8/13 W	6/10 SW	4/6 S	12/16 SE
300	2/13 W	7/18 W	7/16 W	6/12 W	4/9 W	1/4 S	3/12 E
Glen	6/12 SW	9/16 W	7/12 W	6/11 W	5/8 W	1/3 SE	6/10 E

Height (m)	Temperature / Feels Like (°C)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	5/1	7/3	8/5	10/8	10/9	9/8	8/5
900	6/2	8/4	9/6	11/9	11/10	10/9	9/6
600	9/6	10/8	12/10	13/12	13/12	12/11	11/8
300	12/12	14/12	16/14	17/16	16/16	14/14	12/12
Glen	14/13	16/14	18/16	18/17	18/17	16/16	15/14
Freezing Level*	1700m	1700m	2000m	2200m	2200m	2100m	2100m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
Long sunny periods and warm conditions lead to a risk of dehydration and sunburn.

Forecast for Friday 23 Jun 2023
Weather: After a dry and bright start cloud spreads northeast followed by showers in the afternoon, these mainly across southern and central ranges.

Maximum wind: Southwest 40-45mph gust 55mph.

Chance of cloud-free hill tops above 800m: 80% at first steadily decreasing to 40% by the afternoon

Low cloud and visibility: Increasing high cloud in the morning lowering to 600-700m by midday and becoming broken at 400-500m through the afternoon. The visibility will be good out with the cloud, falling poor in any showers. The best of any brightness will be across northern ranges.

Temperature: **Glens:** Plus 7 Celsius rising plus 22 Celsius
At 800m: Plus 11 Celsius
Freezing level: Above summits

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